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[\[Printable version \]](#)**(WO/2004/050192) EXERCISE DEVICE AND METHOD**

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Title: EXERCISE DEVICE AND METHOD

Abstract: A device for the exercise of the musculature of the upper arm, said device ad
force to the rotational movement about the elbow of the forearm towards the
rotational movement lies between the limits of approximately an angle of 90° :
between said forearm and said upper arm limited by contact between said for

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